



Mad Scientist

He makes a library appearance.
See p. B-1.

Hundreds attend Army ‘Listening Session’

KAREN A. IWAMOTO
Staff Writer

FORT DERUSSY — Hundreds of community members gathered at DeRussy Hall, Hale Koa Hotel, here, Tuesday evening, at the first of two U.S. Army listening sessions on the island, to provide input regarding a possible reduction of Army personnel at Fort Shafter and Schofield Barracks.

The second listening session took place Wednesday evening at Leilehua High School.

John P. McLaurin, deputy director of Force Management, Headquarters Department of the Army, G3/5/7, and Col. Tom O’Donoghue, Force Management and Integration officer, Headquarters Department of the Army, G3/5/7, were on hand from Washington, D.C., and accompanied by Maj. Gen. Charles Flynn, commander of the 25th Infantry Division and commander, U.S. Army-Hawaii.

In its worst-case scenario, the Army is considering proposed reductions of 16,000 Soldiers and civilian employees from Schofield Barracks and 3,800 Soldiers and civilian employees from Fort Shafter for a total proposed reduction of 19,800 Soldiers.

There are currently approximately 22,000 Soldiers living and working in Hawaii, and the proposed reductions would also impact approximately

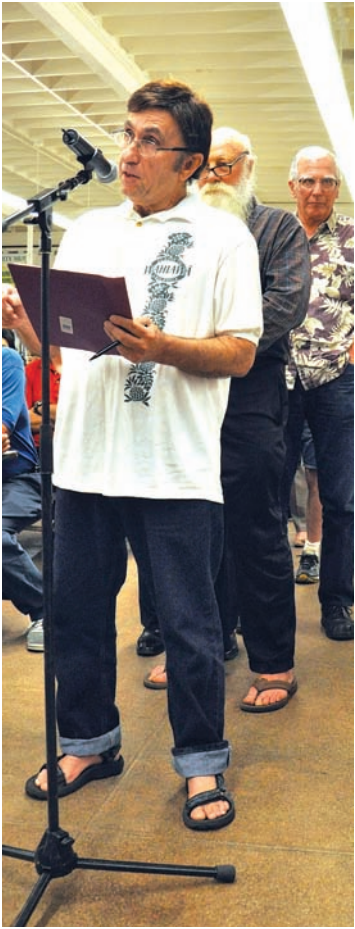


Photos by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs

WAHIAWA — Listening to comments about Army reductions, here, Wednesday, are (from left) Col. Tom O’Donoghue, Force Management and Integration, Force Management, Army G-3/5/7; John P. McLaurin, deputy director, Force Management, Army G-3/5/7; Maj. Gen. Charles Flynn, commander, U.S. Army-Hawaii and 25th Infantry Division; and Col. Tim Falkner, deputy director, Installation Management Command-Pacific.



WAHIAWA — Attendees listen to "testimony" from a total of 90-plus community members regarding their thoughts about the Army’s proposed reductions of Soldiers, civilians and family members at Schofield and Fort Shafter.



WAHIAWA — Community members stand in line to provide "testimony" regarding the Army’s proposed reductions of Soldiers at Schofield Barracks and Fort Shafter.

See LISTENING A-3

Gimlets honor Hawaiian hero through challenge

Story and photo by
STAFF SGT. CARLOS R. DAVIS
2nd Stryker Brigade Combat Team
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers from 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, held the Nainoa Hoe Memorial Platoon Leadership Challenge closing ceremony, Jan. 22, at the Mission Training Complex, here.

More than 100 Soldiers from the battalion competed in the three-day challenge to honor and celebrate the life of fallen Hawaiian native 1st Lt. Nainoa Hoe.

"From physical training, swim test, to land navigation, medical lanes, marksmanship, open

water swims and a family style barbecue, and much more, these Soldiers had an opportunity to experience some of the best training here in Hawaii," said Lt. Col. James Tuite, commander, 1st Bn., 21st Regt. "More important, though, they got to experience the commodity, teamwork and bonding that happens only in a military unit when they face adversity together."

Although the participants never had a chance to meet Hoe personally, they know he was a leader who believed in teamwork and dedication.

"This event is all about commodity and building a team. Everything that Nainoa stood for is trying to be exemplified in everything we have done out here," said 1st Lt. Robert Doyle, from, Red Lion, Pennsylvania, a platoon leader assigned to Company C.



Soldiers from the 1-21st Inf. Regt., 2nd SBCT, 25th ID, participate in the Army Water Survival Test at Richardson Pool as part of the three-day Nainoa Hoe Memorial Platoon Leadership Challenge. Soldiers entered the pool in uniform, removed their equipment and surfaced with their equipment.

RELATED STORY
• Read about remembering the 10th anniversary of Hoe’s death, p. A-2.



Dino W. Buchanan, U.S. Army Corps of Engineers-Honolulu District

Sgt. Maj. Craig Nettles, left, and Sgt. Steven Burns of the 2-27th Inf. Regt., “Wolfhounds,” gather with Soldiers at the historic Quad D at Schofield Barracks, Friday, for the reopening.

Quad D honored with ribbon cutting ceremony, Friday, for two barracks

U.S. ARMY CORPS OF ENGINEERS
Honolulu District

SCHOFIELD BARRACKS — Honolulu District officials and the 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” gathered in the center of historic Quad D, here, Jan. 23, for a ribbon cutting ceremony that officially reopened two barracks renovated by the Corps.

Lt. Col. Kevin Williams, Wolfhounds commander, hosted the ceremony and honored the District engineers and contractor representatives for completing the renovation of buildings 450 and 451.

The \$43 million Corps of Engineers project involved renovating the buildings to meet current Unaccompanied Enlisted Personnel Hous-

ing 1+1 berthing standards.

Quad D opened in 1921 and is part of the Schofield Barracks Historic District.

The first American shots fired in World War II were fired from the roof of Quad D during the attack on Pearl Harbor, and the iconic movie “From Here to Eternity” was filmed at Quad C and D in 1953.

The Corps’ renovation work required meeting historic preservation standards.

The Corps is working on the remaining Quad D buildings to support U.S. Army Garrison-Hawaii.

The Corps is very proud of this important mission as it supports the U.S. Army in Hawaii and the Pacific.

Schofield Tax Center set to open

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — After a month of rigorous training, Soldiers from the 25th Infantry Division, the 8th Theater Sustainment Command, the 500th Military Intelligence Brigade and the 311th Signal Command are ready to take on their latest mission: helping military ID cardholders file their 2015 taxes.

The Schofield Barracks Tax Center, which is staffed by more than 30 Soldiers who are certified by the IRS and have received training from tax experts at the Pentagon, opens 10 a.m., Monday.

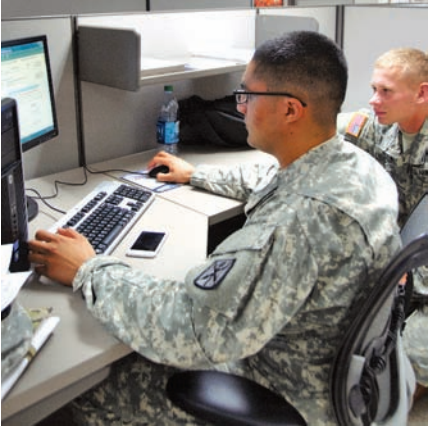
The free service is available to all military ID cardholders, including Soldiers, spouses, retirees and qualifying family members.

“The Tax Center is a fantastic and free program, saving clients hundreds of thousands of dollars in tax preparation fees every year and helping them get millions of dollars in refunds,” said Capt. Eugene Gray, a legal assistance attorney with U.S. Army Garrison-Hawaii and the officer in charge of the Tax Center.

All of the Tax Center Soldiers have practiced preparing tax returns by hand and by using the IRS TaxWise program. This training ensures that they know how to spot program errors and explain the laws behind tax return results.

“Soldiers are in a unique position to help other Soldiers because they understand certain military-specific tax issues that commercial preparers may not have the experience to understand, such as the difference between AR 608-99 support and alimony, or tax-exempt combat-zone pay,” Gray said.

Staff Sgt. Jason Pruitt of the 8th Military Police Brigade, 8th Theater Sustainment Command, one of the Tax Center volunteers, said he especially looks forward to helping younger Soldiers and young families who may not have



Spc. Alejandro Gallegos of the 307th Expeditionary Signal Battalion, 516th Signal Brigade, 311th Signal Command, left, and Pfc. Andrew Martin of the 25th Combat Aviation Brigade, 25th Infantry Division, complete tax training at the Tax Center.

the means or knowledge to file their taxes properly on their own.

“We could be putting money back in their pocket,” he said.

See TAX A-6

Tax Center Hours

The Schofield Barracks Tax Center is located at TRL 1, Grimes Street, across from Hamilton Field and near the I Quad. Its hours of operation follow:
• 9:30 a.m. to 7 p.m. on Mondays, Wednesdays and Fridays.
• 10 a.m. to 3 p.m. on Tuesdays and Thursdays.
• 10 a.m. to 3 p.m. on the first and third Saturdays of February and March.
Call 655-1040 for more information or to make an appointment.



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The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

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Story and photo by
STAFF SGT. JENNIFER C. JOHNSON
Army News Service

ARLINGTON, Virginia — Iraq war veteran and U.S. Army 1st Lt. Nainoa K. Hoe, who was killed in action 10 years ago, was honored by military and Hawaiian political leaders at the Tomb of the Unknowns at Arlington National Cemetery, Jan. 22.

Congressman Mark Takai, Hawaii’s 1st Congressional District; Congresswoman Tulsi Gabbard, Hawaii’s 2nd Congressional District; and Ashley Arethel, representing Hawaii’s senior U.S. Senator Brian Schatz, were escorted by Maj. Gen. Jeffrey S. Buchanan, Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington (JFHQNCR/MDW) commanding general, during an Army Wreath Laying Ceremony as a tribute to Hoe’s memory.

Hoe, a Hawaiian native, was killed by a sniper in Mosul, Iraq, on Jan. 22, 2005, while assigned to C Company, 3rd Battalion, 21st Infantry Regiment, 1st Brigade, 25th Infantry Division, Fort Lewis, Washington.

Hoe’s father, Allen Hoe, is currently the civilian aide to the Secretary of the



U.S. Rep. Tulsi Gabbard, Hawaii’s 2nd Congressional District, left; U.S. Rep. Mark Takai, Hawaii’s 1st Congressional District; and Ashley Arethel, representing Hawaii’s U.S. Sen. Brian Schatz, lay a wreath in honor of 1st Lt. Nainoa K. Hoe, killed in action 10 years ago in Iraq, at the Tomb of the Unknown Soldier, Arlington National Cemetery, Jan. 22.

Army (CASA), Hawaii. On behalf of Allen Hoe, Hawaiian political leaders honored his son’s memory on the 10th an-

niversary of his death. CASAs provide advice to the Secretary of the Army on the public’s con-

cerns and perceptions and inform people in their areas about the Army. (Note: Johnson works at JFHQNCR/MDW.)

Army lauds accomplishments of outgoing SMA

Chandler retires after 33 years of service

C. TODD LOPEZ
Army News Service

WASHINGTON — “When we have to go talk to Congress ... there are many times they would much rather hear it from a sergeant major than from a general officer,” Chief of Staff of the Army Gen. Ray Odierno said.

In his position, Odierno has testified many times on Capitol Hill, and he says that lawmakers often want to hear the Army’s story through the words of a sergeant major because “they know they have sacrificed and gone through what it takes to be Soldiers.”

One such enlisted Soldier is Sgt. Maj. of the Army Raymond F. Chandler III, who is retiring from the Army, today, Jan. 30. Odierno and other senior Army leaders gathered at the Pentagon, Jan. 22, to celebrate Chandler’s 33-year career.

“The position of the sergeant major of the Army is incredibly important,” Odierno said, “and Sgt. Maj. of the Army Raymond F. Chandler III has done an incredible job of handling that during some, I would argue, pretty challenging times.”

Chandler began serving as the 14th sergeant major of the Army in March 2011. At the time, he was sworn in under then Chief of Staff of the Army Gen. George W. Casey Jr.

During his time as the senior enlisted advisor, he helped find solutions for an array of daunting challenges.

One of those challenges involved the



Photo by Army News Service

Army Chief of Staff Gen. Ray Odierno, left, stands with Sgt. Maj. of the Army Raymond F. Chandler III after presenting a Silver Medallion of the Order of Saint George during his farewell ceremony at the Pentagon, Jan. 22.

elimination of the “Don’t Ask, Don’t Tell” law that prohibited gay service members from revealing their sexual orientation.

“Everybody was concerned about how the force would take this,” Odierno said. “But the (sergeants major) had prepared the force, and we had gone through a fairly significant educational process that this was going to happen. The transition of this policy probably went smoother than anybody expected. And the reason that happened is because of the noncommissioned officer corps.”

“I am convinced if you want to get

anything done in our organization, you first have to get the buy-in of our NCOs,” Odierno said.

Another significant contribution during SMA Chandler’s four-year tenure was to change the way senior enlisted personnel were assigned to jobs, a task Odierno said had been initiated by the 13th Sgt. Maj. of the Army Kenneth O. Preston.

“SMA Preston started down this road, but SMA Chandler took it and developed it to the next level,” Odierno said.

Now, Odierno said, he sees general officers impressed with the right senior NCOs in the right jobs, performing at

FootSTEPS in FAITH

Something new requires focus, intentional thinking

CHAPLAIN (MAJ.) ROY A. HAMILTON
516th Signal Brigade
311th Signal Command (Theater)

FORT SHAFTER — Each year, millions of people reset their clocks and set new goals.

There are a myriad of reasons why we would like to do away with the old and bring about something new. We would like to read more, head back to school or even become a better spouse, better friend or exercise more.

Sometimes, the new year cannot get started long enough before we conclude that making these changes will take more work than we initially thought. However, why do we think that we have to make a resolution? My guess is that sometimes we are tired with the direc-

tion our lives are headed, like a runaway train without a driver.

Sometimes, it would seem as if we have a nonchalant attitude in regards to the commitment we have made, but that is not always the case. If we do not take an intentional approach, we would be lost on how to get started since this is something we are not used to and making changes can be difficult.

I would like to think that many of us have one way of doing things, and we



Hamilton

mult it over and over again and expect a different result each time. We cannot continue to do our same routine as last year and expect changes. To get to a different place, it is incumbent on us to take steps that will propel us forward.

It is never easy to start something in our lives and in ourselves, but being intentional is the first step, like a linebacker being focused on sacking the quarterback.

Give yourself time, and do not try to make too much of a big change all at once. Do a self-inventory every now and then to determine if you are making progress.

We have to be intentional in order to bring about something new. We have to become intentional about not mix-

ing the old with the new.

For example, Luke once said the following in a parable:

“No one tears a piece out of a new garment to patch an old one. Otherwise, they will have torn the new garment, and the patch from the new will not match the old.

And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined.

No, new wine must be poured into new wineskins.

And no one after drinking old wine wants the new, for they say, ‘The old is better.’”

— Luke 5:36-39

Voices of Ohana

If you could travel anywhere in the world, where would you go?

Photos by: 8th Theater Sustainment Command



“I would like to take a trip to Europe and see Spain.”

Spc. Sybonet Brown
G6 Operation, 8th TSC



“I always wanted to go to East Asia and visit Japan.”

Sgt. Steavenn Glean
Commo NCO, 8th TSC



“Heaven, to see my grandmother.”

Staff Sgt. Natalye Johnson
Executive assistant to the deputy commander, 8th TSC



“Dubai, so I could see the tallest building in the world.”

Sgt. Ioka Limu
Executive assistant to the chief of staff, 8th TSC



“It would have to be Machu Picchu in Peru.”

Sgt. Christian Zubillaga
CSM’s driver, 8th TSC

Emotional ceremony offers thanks, honors a legacy

Story and photo by
BRIAN MELANEPHY
9th Mission Support Command Public Affairs

HONOLULU — Twenty-seven surviving World War II veterans from the 100th Battalion, 442nd Regimental Combat team received La Legion d'honneur – France's highest decoration – at the Japanese Cultural Center, here, Jan. 23.

Seven family members also received the award on behalf of veterans who recently passed away. Prior to the ceremony's start, the Royal Hawaiian Band played a musical prelude for the audience as it gathered. Then the 100th Bn., 442nd Inf. Regt. Color Guard presented the colors, which included the U.S. flag, the French flag and the 100th Bn. flag.

The Manoa Grand Room was the stage for the ceremony, which was a mix of pride, patriotism, tears and cheers.

The Honorable Pauline Carmona, consul general of France in San Francisco, presented the awards.

Hawaii Gov. David Ige; Adm. Harry Harris Jr., commander, U.S. Pacific Fleet; and Lt. Col. Daniel Austin, commander 100th Bn., 442nd Inf., all spoke at the ceremony.

Ige's father served in the 100th Bn., 442nd Regimental Combat Team during World War II. He spoke very fondly of his father and all of the Nisei Soldiers who fought so bravely for their country in spite of many of their friends and family being placed in internment camps across the U.S.

The most powerful moment during the event came from Harris, the first four-star Navy admiral of Japanese descent, and the highest-ranking Asian-American in the history of the service.

The 9th MSC

The 9th Mission Support Command is the most ethnically diverse, geographically dispersed command in the U.S. Army Reserve, crossing seven times zones, two states, two territories, a commonwealth and two foreign countries. Its Soldiers speak more than 27 languages.

He choked back tears when he said, "I've heard that on windy, gusty nights at home, amid the rustling of the trees, some can still hear the echoes of the dying comrades calling for their mothers. Okaasan. Okaasan."

Harris, overtaken by emotion, paused and looked down after making this powerful and heart-wrenching statement.

One day prior to the ceremony was the 10-year anniversary of the death of 1st Lt. Nainoa Hoe, who was killed by a sniper while serving with the 25th Infantry Division in Iraq. His brother, Staff Sgt. Nakoa Hoe, who is a current member of the 100th Bn., 442nd Inf. Regt., was in attendance at the ceremony and was recognized by Harris.

After Harris' remarks, Carmona took to the podium, shared thoughts on behalf of the French president from a grateful nation and then moved to the stage, where one-by-one she presented medals in French, shook hands and shared hugs



Thirteen current members of the 100th Bn., 442nd Inf. Regt., 9th MSC, sing their battalion song at the conclusion of the Legion of Honor Ceremony at the Japanese Cultural Center, Jan. 23. The current Soldiers sang to honor Nisei veterans who had served before them and to display pride for the continued legacy of service in the "Go for Broke" Bn.

with each surviving veteran or family representative.

At the conclusion of the ceremony, current members of the 100th Bn., 442nd Inf. Regt., 9th Mission Support Command, sang the battalion song in honor of the heroes being recognized. The color guard then came forward to retire the colors and the ceremony concluded.

This is the second time in two months the color guard has presented the colors at an event involving Ige, who personally requested the color guard for his inauguration Dec. 1, 2014.

The 100th Bn., 442nd Inf. Regt., is the only infantry battalion in the Army Reserve with Soldiers located in Hawaii, Guam, Saipan and American Samoa.



Maj. Gen. Charles Flynn, 25th ID commander, greets Singaporean Chief of Defense Force Lt. Gen. Chee Meng during senior leader engagement, Jan. 20, on Camp H.M. Smith.

Singaporean chief views jungle training in action

Story and photo by
STAFF SGT. TRAMEL S GARRETT
25th Infantry Division

SCHOFIELD BARRACKS — Lt. Gen. Chee Meng, Singapore Armed Forces Chief of Defense Force, and Singaporean senior leadership, paid a visit to the 25th Infantry Division Lightning Academy/Jungle Operations Training Center, Jan 23.

The 25th ID commanding general, Maj. Gen. Charles Flynn, hosted the visit not only to strengthen the relationship between Singapore and the U.S., but also to highlight jungle operations tactics with a demonstration from the JOTC cadre.

The JOTC is a premier training venue to develop Soldier leadership and jungle skills and impressed Meng's staff with the high-quality training opportunities offered not only to our Soldiers, but our allies, as well.

"This is a fantastic set up. The Asian theater has numerous jungles, and it's important to get used to it," said Singaporean Col. Guarav Keerthi.

The 25th ID is no stranger to working with partner nations as leaders plan and conduct numerous training opportunities fostering strong alliances with partnered nations. Combined training proves to be a force multiplier, which allows greater responsiveness in the Pacific.

"The chief of defense wanted to visit to build our relationship with the U.S. a little further. We already have a great relationship with the U.S., and this is just a part of that," said Keerthi.

U.S. Army-Pacific is looking at broadening relations with Singapore with the hope of one day developing a strategic partnership that will improve operations in the Pacific theater.

Listening: Sessions held nationwide

CONTINUED FROM A-1

30,000 Army family members living in Hawaii.

Hawaii's elected officials said such cuts would be devastating to the state's economy and would jeopardize national security.

U.S. Sen. Mazie Hirono, U.S. Sen. Brian Schatz, U.S. Rep. Mark Takai and U.S. Rep. Tulsi Gabbard all appeared via video to remind Army officials of Hawaii's strategic importance in the Asia-Pacific Region and to emphasize that they are against the budget cuts that are behind the Army's proposed downsizing.

Hirono said that military activity is one of the two most important economic drivers in the state.

"There are over 22,000 active duty Army in Hawaii, plus their families," she said. "Annual Army active duty and civilian payroll total nearly \$1.5 billion."

Hawaii Gov. David Ige and Honolulu Mayor Kirk Caldwell were present and also supported the Army staying in Hawaii.

But many of the community members who showed up at the listening session spoke in favor of reducing the Army's presence in Hawaii. State Rep. Kaniela Ing of Maui said that Hawaii had seen the sunset of many industries – sandalwood, pineapple and sugar, to name a few – and that it would recover from demilitarization.

Tuesday's listening session was one of 30 that the Army is hosting at installations nationwide as it continues its analysis into possibly reducing its overall force strength to 420,000 to comply with the 2011 Budget Control Act.

"Here's what's happening," said O'Donoghue in his briefing to Tuesday's audience. "In June of 2013, the Army announced its plans to reduce (its force strength) from a wartime high of roughly 570,000 Soldiers down to 490,000 Soldiers, (a reduction of) roughly 80,000 Soldiers. The decisions were made, (and) that is underway now, and we will achieve 490,000 Soldiers by October."

"Hawaii was not impacted by those decisions," he continued. "Of the 80,000 Soldiers reduced ... approximately 11,000 Soldiers came out of Europe and another 32,000 Soldiers were part of a temporary end strength and wartime allowance that was necessary to plus-up units that were going to Iraq and Afghanistan."

But he went on to explain that the Budget Control Act of 2011 didn't end with the reduc-



Aiko Rose Brum, U.S. Army Garrison-Hawaii Public Affairs

WAHIAWA — Larry Dembinski, at front, is among community members supporting "Keep Hawaii's Heroes." Dembinski believes the Army provides a "better community" and all "benefit from meeting and mixing" with Soldiers.

tion of those 80,000 Soldiers.

"There's a second round, kind of a kicker, called sequestration, that is part of the Budget Control Act, and under sequestration the Army's budget will be reduced by an additional \$95 billion," he said.

To meet these budget constraints, the Army is looking to further reduce its force strength to 450,000 or even to 420,000 if the sequestration continues, he said. And this round of reductions will likely come from force strength that is actually stationed in the United States.

The Army has not made any decision on how it will meet its budget constraints and which installations will be impacted. Maj. Gen. Charles Flynn said that those decisions would likely not be made until mid-2015.

Army officials said they will use the information and input they receive at the sessions to determine how to proceed.

Soldiers, families can still have their voices heard in off-year elections

DAVID VERGUN
Army News Service

WASHINGTON — Earlier this month, Soldiers Armywide were provided electronic or paper Federal Post Card Applications (FPCAs).

Filling out and returning the FPCA is especially important if Soldiers and spouses have changed duty stations, said Rachel Gilman, Army voting action officer, Soldiers Program Branch, Adjutant General Directorate, Human Resources Command, Fort Knox, Kentucky.

The FPCA alerts local election officials of the move and is a way for Soldiers to register using an absentee ballot, she said, adding that the form is simple and easy to fill out.

Every odd-numbered year is considered an "off-year" for voting since it's not a presidential or mid-term election year. Historically, off-year elections draw fewer voters to the polls.

So with the November elections over, why should Soldiers think about voting now?

This year there are several gubernatorial races, mayoral elections and even some special elections for Congress, Gilman said. At the local level, there are county and city elections involving



Courtesy photo by U.S. Army Golden Knights

The U.S. Army Golden Knights urge Soldiers to make their voices heard by voting.

school boards, city council and planning commission members, county prosecutors, judges and so on, depending on the location.

"Local elections are just as important as major

elections," Gilman said.

Soldiers stationed far from home have family members in their hometowns, and they themselves may want to someday return there. Elections can impact a lot of important community issues.

The Army knows it's important that Soldiers be provided voting information, she said, so in addition to alerting Soldiers about the FPCA every January, Soldiers serving overseas are given a second FPCA alert every July, since they will be voting absentee and since many moves typically occur over the summer.

Since every state administers its own voter registration differently, Gilman encourages Soldiers to visit the Federal Voting Assistance Program (FVAP) website for more information. Soldiers can click on their state and territory to get detailed information about registration and elections.

The FVAP site also gives voters the option to electronically request information from local election officials, Gilman said.

"The Army Voting Assistance Program operates year-round, since elections are always happening," Gilman said.

FVAP and Maps

Soldiers who have misplaced their Jan. 15 FPCA notice can get one by visiting <https://www.fvap.gov/r3>.

Visit the Federal Voting Assistance Program (FVAP) website at www.fvap.gov.

A map for requesting absentee ballots in home states can be found at www.fvap.gov/military-voter/registration-ballots.

Around the Army, the FVAP is owned by commanders.

"There are unit voting assistance officers who've been appointed and trained. They are ready to assist Soldiers and family members," Gilman said, noting that besides accessing the FVAP website, Soldiers may instead choose to see their unit voting assistance officers.

Gilman said this year's FVAP slogan, "Be absent, but accounted for!" serves as a reminder that Soldiers can make their voices heard, not just in Washington, but in their local communities as well.

PRMC strategic off-site sets stage for transformation

Story and photo by
AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity – Hawaii News Bureau

FORT DERUSSY — U.S. Army Brig. Gen. Patrick Sargent, commanding general of the Pacific Regional Medical Command (PRMC), hosted the 2015 PRMC Strategic Off-Site at the Hale Ikena, here, where stakeholders gathered together to discuss the strategic vision and transformation of PRMC to Regional Health Command-Pacific (RHC-P), a Medical Theater Enabling Command, Jan. 20-21.

During the event, the Pacific Army Medicine Campaign Support Plan was introduced to inform attendees of the proposed way ahead for PRMC.

The Strategic Off-Site marked the first opportunity for leaders and stakeholders in the Asia-Pacific region to discuss concepts and identify issues and concerns with the PRMC’s transformation to the RHC-P. The concept is geared toward enhancing regional medical capabilities, in support of U.S. Army-Pacific’s (USARPAC) rebalance to the Asia-Pacific strategy.

Sargent said that the transformation is designed to provide a single point of contact within the Pacific where medical concerns can be addressed and assessed.

“With an integrated staff, it will allow us to look at a problem set through the same lens and will also allow us the opportunity to provide a more reasoned, logical response to very complex medical issues facing this theater of opera-



FORT SHAFTER — U.S. Army Brig. Gen. Patrick Sargent, commander, Pacific Regional Medical Command, delivers opening remarks at the PRMC Strategic Off-Site at the Hale Ikena, here, Jan. 20. The event allowed leaders and stakeholders to identify issues concerning PRMC’s transformation into the Regional Health Command-Pacific.

tions,” Sargent said.

“Currently, we have a Regional Medical Dental and Public Health Commands, and you have to go to different commanders to figure out how to assess a problem. In this new concept, we are

going to be able to have one voice in our respected regions to be able to address a component commander’s and core commander’s concerns and needs,” Sargent explained.

The transformation will allow for the rapid

positioning and management of all regional medical assets to support, train and prepare for any mission scenario during peace time, wartime or humanitarian efforts.

Sargent said that the transformation will not only benefit commanders, but will also positively impact everyone who will be assigned to RHC-P.

“We’re going to have opportunities that will exist for all of our specialties and our corps to be able to lead and develop themselves to better understand dental, to better understand public health, but also, ultimately, become a better officer or a better noncommissioned officer in support of our Army,” Sargent said. “I think the Army will get better-trained units and also better-trained Soldiers as a result.”

Sargent ensured that the quality of medical care will only increase with the transformation.

“I want to reassure our service members and our commanders that we remain committed to providing world-class medical care to all the families serving in the Pacific,” Sargent said. “As we transition to a theater enabling medical command, we’re going to be able to provide more responsive support to the commander. Likewise, we’re going to be able to deliver responsive and enhanced, highly-reliable medical care to our beneficiaries.”

PRMC’s changes are currently pre-decisional, and following the surgeon general’s approval, Regional Health Command-Pacific tentatively plans on implementing the campaign in June 2015.

PROVIDING INSIGHT



Master Sgt. Anthony Elliott, Pacific Regional Medical Command

HONOLULU — Maj. Gen. Jimmie Keenan, U.S. Army Medical Command (MEDCOM), deputy commander, Operations, provides insight into Pacific Regional Medical Command’s transformation into the Regional Health Command-Pacific to Brig. Gen. Patrick Sargent, PRMC’s commander. Her site visit was from Jan. 22-23.

Strategic brief outlines benefits of USARPAC medical rebalance

SPC LAUREN COLE
Pacific Regional Medical Command
Public Affairs

HONOLULU — Lt. Col George Corbari, U.S. Army-Pacific Command, Plans and Policy director, was invited to brief at the Pacific Regional Medical Command Strategic Off-Site held at Fort Shafter, Jan. 20-21.

A typical strategic brief does not invoke an emotionally charged presentation; however, when Corbari began to tell of his personal experiences with Army medicine, he was overcome with emotion.

“From the moment he was injured, his medic did everything right, which was key to keeping him alive until the MEDVAC got there and another team of medics ... took over. (They) did everything right, keeping him alive to get him to a surgical hospital in Kandahar, where again, a team of professionals descended on him, did everything possible to first save his life, and secondly, saved as much of his legs as possible,” Corbari remarked on the evening in 2011.

That’s when his son-in-law stepped on a pressure plate improvised explosive device (IED), resulting in the loss of both legs below the knee.

The off-site was held to discuss the Pacific Army Medicine Campaign Support Plan to transform PRMC to a “Medical” Theater En-

abling Command in Support of U.S. Army-Pacific.

The current estimated survival rate, from point of injury through the evacuation process to a level three health care facility, is above 90 percent – a remarkable rate compared to an 86.5 percent survival rate during Vietnam. However, it still leaves room for improvement.

The Pacific Army Medicine Campaign Support Plan is designed to realign, rebalance and enhance medical care provided within the Pacific region and to continue to improve on the Army’s health care and survival rates for all Soldiers.

Brig. Gen. Patrick Sargent, commanding general, PRMC, stated, “As we transition to a Theater Enabling Medical Command, we are going to be able to provide more responsive support to the commander. Likewise, we’re going to be able to deliver more responsive and enhanced, highly reliable, medical care throughout the Pacific theater.”

The realignment will allow Army medicine to be more aligned with Army service component commanders, as well as core commanders.

It will also create a synergistic effect of Table of Distribution and Allowances (TDA) medicine and operational medicine to provide the combatant commanders “one voice” in



Courtesy photo

Lt. Col. George Corbari, director, Plans and Policy, USARPAC, speaks before an audience.

caring for the medical needs of their Soldiers.

The rebalance will also allow Army medicine to deliver a more integrated health care system and a more enterprise approach to complex challenges that currently face the medical community on the battlefield.

“I want to reassure our families and commanders that we remain committed to world class medical care to all of the Soldiers and their families serving in the Pacific,” Sargent stated.

Corbari’s son-in-law wanted to remain anonymous; however, the little information that was provided stated he was deployed with 10th Mountain, 3rd Brigade.

Corbari said he had a special sense of purpose attending the off-site and sharing his story with other leaders within the Pacific as they plan the theater’s medical considerations.

Corbari added, “As an operational warfighter, knowing the tremendous medical support behind us gives a sense of invincibility. If you know something happens to you, there will be people there to take great care of you.”

Program helps Soldiers adjust to civilian jobs

GANESA ROBINSON
Installation Management Command

SAN ANTONIO — When veteran William McLaurin left the Army in 1985, he never imagined that he would have another opportunity to serve 27 years later.

“I am extremely grateful,” said McLaurin, heating, ventilating, air-conditioning and refrigeration instructor with the United Association’s Veterans In Piping program at Joint Base Lewis-McChord, Washington.

As one of the Army’s industry partners, the program provides Soldiers an opportunity to learn a new skill prior to leaving the service and offers entry to paid apprenticeship programs in welding, plumbing, heating, ventilation, air conditioning and refrigeration.

“It’s a great opportunity for me to help our Soldiers transition into the real world. I feel like I’m still serving,” said McLaurin.



Courtesy photo

Former Soldier turned instructor William McLaurin (with plaque), Refrigeration & HVAC instructor, poses with new apprentice graduates.

According to the Department of Defense, 130,000 Soldiers will transition annually from the Army to the civilian workforce over the next 10 years. Even with the current unemployment rate and the high numbers of transitioning service members, McLaurin believes graduates from the UA VIP program should not have any problems finding employment.

“I’m glad the Army is preparing these Soldiers for civilian life. When I reflect on the time I separated from the Army, there’s no comparison,” said McLaurin. “There wasn’t a real push to ensure you transitioned well. You did your time and then you got out.”

With the motto “Start Strong, Serve Strong, Reintegrate Strong and Remain Strong,” the Army is working to ease the transition into civilian life with a program that helps Soldiers plan ahead for their whole career: Soldier for Life.

The program is based on the Soldier lifecycle. Soldiers start strong, serve strong and reintegrate strong, and ultimately, remain strong as Army ambassadors to their communities.

The Soldier for Life concept is a

holistic approach to this entire cycle, which ensures veterans connect to resources and their communities as they make the important transition from active duty back to the Army Reserve, National Guard or become a part of the civilian workforce.

The Army collaborates with training and employment programs to help Soldiers learn occupational skills to become career ready through employment skills training, credentialing and apprenticeships.

When Soldiers and their families leave the service, they leave prepared with a network of people and organizations that will connect them to employment, education and health care – Soldier for Life’s three pillars of successful reintegration.

“(The Soldier for Life) Career Skills Programs marry our Soldier’s talent and experience with the demands and employment opportunities available in a variety of industries nationwide,” said Marnie Holder,

chief, IMCOM Soldier for Life Fusion Cell. “It’s truly a win-win for all involved.”

As an instructor, McLaurin uses every opportunity to draw from his experiences in the Army to inspire his students to remain Army Strong.

“When my students ask me if I was scared when I left the Army, I say yes, and explain to them that they did not have all of the training programs and resources they have now,” he said.

McLaurin tells his students that UA VIP is a way for them to start a new successful career and avoid unemployment, which is common among many veterans.

“Military people are always noticeable,” McLaurin said. “Soldiers come with a ‘can do’ attitude. On the job and in the classroom, you can tell who was in the military before even confirming the answer.”

Currently, there are 4 UA VIP programs located on Army installations: Joint Base Lewis-McChord, Washington; Fort Campbell, Kentucky; Fort Carson, Colorado; and Fort Hood, Texas. Many more programs are in the pipeline to follow.

(Note: Robinson works in IMCOM Marketing Communications.)

More Online

Visit these sites for more details:

- The Soldier for Life program, www.soldierforlife.army.mil/
- employment.
- Soldier for Life Transition

Assistance Program, www.acap.army.mil.

- Department of Veteran Affairs, www.va.gov.
- Hero 2 Hired, www.h2h.jobs.
- Credentialing Opportunities Online, www.cool.army.mil.



File photo

The medical helicopter heads to personnel in need.

We must ‘Take a STAND!’ for safety

Driving at a safe speed is a matter of integrity, honor

DIRECTORATE OF INSTALLATION SAFETY
U.S. Army Garrison-Hawaii

Take a STAND!
Speeding is a matter of integrity. “Last year, I rode the ‘Road to Hana’ on Maui. Along the way, there was an unattended fruit stand, with an honor box to pay for the items you took,” said Bill Maxwell, safety specialist, Directorate of Installation Safety, U.S. Army Garrison-Hawaii. “I could tell that the day’s inventory was about half gone, and there was quite a bit of money in the honor box. “This was an example of simple integrity in our modern ‘trust no-one’ age,” he said. “My daily commute brings me up Kunia Road

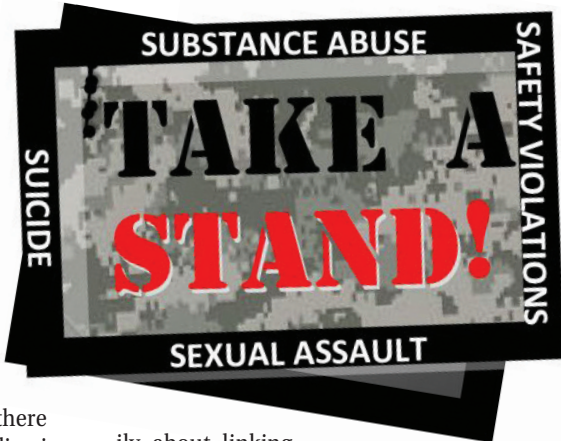
from Waipahu. Every day I see someone speeding and passing a groups of cars,” said James Winston, safety specialist, DIS, USAG-HI. “The speed is clearly posted, and many drivers are driving within the limit and are respectful of each other. But, a select few are clearly well outside of the law,” Is speeding an integrity issue? “Stealing is against the law, as is speeding. Is there a difference?” Maxwell questioned. “Road speed limits are set by traffic engineers who take into account many variables: road width, turns, lines of sight, traffic volume and so on,” said Maxwell. “The posted speed limit is designed to keep road users as safe

as possible. This posted limit carries the weight of law. Each person cited for speeding has broken state law.” “I define integrity as doing the right thing, even when no one is watching, but I think individual integrity can be influenced by culture,” said Arnold Iaea, safety specialist, DIS, USAG-HI. “I think there is a culture out there that believes that speeding is accepted. But, this is a great place to Take a STAND! and do what’s right.” Do what’s right! Drive within limits and talk to your friends and fam-



File photo

Speed limits are laws that must be followed.



ily about linking speeding with personal integrity. Take a STAND! in your own driving! When you talk to others about speeding, tell them that speeding is unacceptable. Take a STAND!



File photo

Vehicles account for 72 percent of accidental deaths in 2014.

Accidents down in first quarter 2015

ARMY NEWS SERVICE
News Release

Accidental Soldier fatalities were down 8 percent at the close of the first quarter of fiscal 2015, continuing the downward trend that has culminated in the Army’s safest year on record during 2014.

According to data released by the U.S. Army Combat Readiness Center, 23 Soldiers were killed in accidents during the most recent first quarter, or Oct. 1 to Dec. 31, 2014. That figure was down slightly from 25 accidental fatalities for the same time frame the year before.

“We should all take pride in our efforts to reduce Soldier fatalities,” said Brig. Gen. Jeffrey A. Farnsworth, director of Army Safety and commanding general, USACRC. “Thanks to engaged leaders proactively managing risk, we’ve reduced loss. However, accidents are preventable, and we have to remain relentless in our efforts.”

The USACRC closely analyzes the off-duty to on-duty accidental fatality ratio. According to the Army’s accident database, off-duty fatalities outnumbered on-duty losses 3:1 during fiscal 2014.

As the Army continues to draw-down from sustained overseas contingency operations, Soldiers are reminded their single most high-risk activity is driving a car, motorcycle or military vehicle.

During fiscal 2014, private motor vehicle and military vehicle accidents accounted for 91 fatalities, or 72 percent of all accidental deaths.

About 15 percent of Soldiers ride a motorcycle; yet, motorcycle fatalities account for nearly half of all private motor vehicle fatalities.

“We should all take pride in our efforts to reduce Soldier fatalities.”

— Brig. Gen. Jeffrey A. Farnsworth,
Director of Army Safety and Commanding General, USACRC

Farnsworth said prevention boils down to managing risk and overcoming complacency, overconfidence and indiscipline.

“One of the greatest challenges we face is our inability to see ourselves with sufficient fidelity to prevent loss before it happens,” he said. “Who is taking unnecessary risks – let’s intervene to stop them. What hazards have we become complacent about – let’s take action to reduce them.

“Loss prevention begins with engaged leaders and the safety culture they’ve built in their units. Soldiers looking out for each other and leaders proactively managing risk can prevent the next accident,” Farnsworth said.

(Note: Article provided by U.S. Army Combat Readiness Center.)

Phone scams continue to be a threat

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — Aggressive and threatening phone calls by criminals impersonating IRS agents remain near the top of the annual “Dirty Dozen” list of tax scams for the 2015 filing season, the Internal Revenue Service has announced.

The IRS has seen a surge in these phone scams in recent months as scam artists threaten police arrest, deportation, license revocation and other things.

The IRS reminds taxpayers to guard against all sorts of con games that arise during any filing season.

“If someone calls unexpectedly claiming to be from the IRS, with aggressive threats if you don’t pay immediately, it’s a scam artist calling,” said IRS Commissioner John Koskinen. “The first IRS contact with taxpayers is usually through the mail. Taxpayers have rights, and this is not how we do business.”

The Dirty Dozen is compiled annually by the IRS and lists a variety of common scams taxpayers may encounter any time during the year. Many of these con games peak during filing season as people prepare their tax returns or hire someone to do so.

This year, for the first time, the IRS will issue the individual Dirty Dozen scams, one at a time, during the next 12 business days to raise consumer awareness.

Phone scams top the list this year because they have been a persistent and pervasive problem for many taxpayers for many months. Scammers are able to alter caller ID numbers to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. They often leave “urgent” callback requests.

They prey on the most vulnerable people, such as the elderly, newly arrived immigrants and those whose first language is not English. Scammers have been known to impersonate agents from IRS Criminal Investigation, as well.

“These criminals try to scare and shock you into providing personal financial information on the spot while you are off guard,” Koskinen said. “Don’t be taken in and don’t engage these people over the phone.”

The Treasury Inspector General for Tax Administration (TIGTA) has received reports of roughly 290,000 contacts since October 2013 and has become aware of nearly 3,000 victims who have collectively paid over



File photo

All must protect themselves from phone scams.

\$14 million as a result of the scam, in which individuals make unsolicited calls to taxpayers fraudulently claiming to be IRS officials and demanding that they send them cash via prepaid debit cards.

Protect yourself

As telephone scams continue across the country, the IRS recently put out a new YouTube video with a renewed warning to taxpayers not to be fooled by imposters posing as tax agency representatives. The new Tax Scams video describes some basic tips to help protect taxpayers from tax scams.

These callers may demand money or may say you have a refund due and try to trick you into sharing private information. These con artists can sound convincing when they call. They may know a lot about you.

The IRS reminds people that they can know pretty easily when a supposed IRS caller is a fake.

Tell-Tale Signs


Any one of the five things below is a tell-tale sign of a scam. The IRS will not do these things:

- 1) Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- 2) Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- 3) Require you to use a specific payment method for your taxes, such as a prepaid debit card.
- 4) Ask for credit or debit card numbers over the phone.
- 5) Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here’s what you should do:

- If you know you owe taxes or think you might owe, call the IRS at 1-800-829-1040. The IRS workers can help you with a payment issue.
- If you know you don’t owe taxes or have no reason to believe that you do, report the incident to the TIGTA at 1-800-366-4484 or at www.tigta.gov.
- If you’ve been targeted by this scam, also contact the Federal Trade Commission and use their “FTC Complaint Assistant” at FTC.gov. Add “IRS Telephone Scam” to the comments of your complaint.

Remember, too, the IRS does not use email, text messages or any social media to discuss your personal tax issue involving bills or refunds.



Department of the Treasury
Internal Revenue Service

Scam Details

Additional information about tax scams is available on IRS social media sites:

- YouTube at www.youtube.com/irsvideos.
- Tumblr at <http://internalrevenue.nueservice.tumblr.com>.

Search “scam” to find all the scam-related posts. Visit the IRS at www.irs.gov.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

CSA Town Hall — Soldiers may review comments made during the virtual town with U.S. Army Chief of Staff Gen. Ray Odierno and former Sgt. Maj. of the Army Raymond F. Changler III at www.army.mil/article/141599/Jan_6_2015_CSA_s_remarks_at_Virtual_Town_Hall/.

Termination of Fort Shafter Flats Dispatch — Effective today, Jan. 30, the 404th AFSB, Logistics Readiness Center (LRC) will no longer provide dispatching services at Fort Shafter Flats.

Due to reduction of the NTV Fleet Army-wide and staffing challenges, the LRC cannot sustain this service. NTVs being dispatched at FS Flats will be required to dispatch their vehicles at the Transportation Motor Pool (TMP) on East Range, Bldg. 6027.

Vehicle dispatching at the TMP occurs three weeks of each month, from 8 a.m.-4 p.m. Contact your unit vehicle coordinator for exact details.

The LRC POC is the fleet manager, Katherine Aldeguer, at 656-0711. The TMP POC is at 656-2529.

H20 — The Clean Water Program needs your input. Please comment on the 2014 Storm Water Annual Report and participate in U.S. Army Garrison-Hawaii’s Program to improve water quality.

The public comment period runs through Feb. 13. Access the plan at www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx.

February

5 / Thursday

Readiness Expo — The U.S. Army Hawaii Community Readiness Expo is scheduled every Thursday from 9 a.m.-3 p.m. at the Nehelani, Schofield Barracks. It’s designed to support Soldiers and spouses new to Hawaii and/or preparing to deploy.

Over 30 USARHAW service providers are available to share information to increase community member awareness regarding services and programs.

10 / Tuesday

Black History Month — The 25th Combat Aviation Brigade, 25th Infantry Division, will host the African American/Black History Month observance at 10-11:30 a.m., Feb. 10, at Wheeler Army Airfield Chapel.

21 / Saturday

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., to support Schofield Barracks’ Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

March

6 / Friday

Clinical Outage — U.S. Army Health Clinic-Schofield Barracks will experience the second of three total power outages, including its Acute Care Clinic, 8 a.m.-6 p.m.

The last outage is scheduled for June 6.

25 / Wednesday

SS Benefits Training — Register for a class in Social Security Benefits. Topics to be covered by a Public Affairs specialist from the Social Security Administration follow:

- When to start receiving retirement benefits.
- Your retirement benefit: How it is figured.
- Family benefits.
- How work affects benefits.
- Ways to maximize your Social Security benefits.
- The importance of keeping your earnings record.
- Accuracy.
- Using the statement to plan your financial future.

Class dates follow:

- Feb. 25 at noon and 2 p.m., Army Community Service, 2091 Kulekole Avenue, Schofield Barracks. Call 655-4227.
 - Feb. 26 at 9:30 a.m., Army Community Service, Aloha Center, Building S-330, Room 111, Fort Shafter. Call 438-4227.
- Register at www.himwr.com/special-events/family-and-mwr-calendar.

27 / Friday

AER Kickoff — Army Community Service begins the 2015 Army Emergency Relief Campaign in Hawaii at Schofield’s Nehelani, 3:30 p.m. The 2015 campaign runs March 1-May 15. Watch this space for updates.



Today

Tripler — The H-201 eastbound Tripler/Puuloa Road off-ramp will be closed 8 a.m.-3 p.m. for a state DOT project. Take the Fort Shafter/Middle Street exit, and then turn left back onto the Moanalua feeder road, instead.

Makakilo — Through today, there will be a full closure of the Makakilo Drive on-ramp to the H-1 Freeway eastbound. The closure will be in place 8:30 a.m.-3 p.m.

Waipahu — The eastbound shoulder lane of the H-1 Freeway will be closed 8:30 a.m.-3 p.m. for road repairs.

Waimalu — The right lane of the westbound H-1 Freeway between the Pearl City/Waimalu off-ramp (Exit 10) and the H-1/H-2 split will be closed 9:30 a.m.-2:30 p.m. for road widening.

Mililani — Kamehameha Highway will be closed in both directions between Ka Uka Blvd. and Lanikuhana Ave., 8:30 p.m.-4:30 a.m., for road reconstruction, resurfacing and installation of striping and markers.

General traffic will be rerouted to the H-2 Freeway, but local traffic access for Kipapa Gulch residents will be made available, as needed.

February

2 / Monday

Kulekole — A maintenance and repair project will install pedestrian beacon signs on Kulekole Avenue, near the shopette, Schofield

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

Barracks, 9 a.m.-2 p.m. Left lane traffic in both directions will be closed and required to merge into right lane.

5 / Thursday

Kaiona — There will be a partial road closure on Kaiona Avenue for utility installation. The street will only be accessible from Lyman Road, with no access from Kulekole Avenue. The work will be performed weekdays, 8:30 a.m.-3:30 p.m.

Weekend work will only be done, if absolutely necessary, between 9 a.m.-5 p.m. Traffic will be detoured, as necessary, to any local traffic needing access to Kaiona Avenue.

12 / Thursday

Waianae — There will be a lane closure on Waianae Avenue (North Corridor) between Jecelin and Charlton streets for elevation verification of an existing waterline. The right lane of Waianae Avenue will be closed, and all vehicles will be transitioned to the left lane past the lane closure to proceed on Waianae Avenue North.

The work is scheduled for 9 a.m.-4:30 p.m. and should be completed by Friday, Feb. 13.

13 / Friday

Stream & Bridge — The Stream Road will be closed in both directions, from the intersection of Stream & Loop roads to the intersection of Stream & Kahauiki Stream Bridge.

The primary detour for the Stream Road Closure will be Mokumoa Street. Intermittent, one-hour, full-bridge closures will occur 9 a.m.-5:30 p.m., today, and on the following dates:

- Feb. 13, 14 and 16.
- March 27.

Tax: Center could save clients money

CONTINUED FROM A-1

During its first week, the Tax Center will focus on walk-ins for personnel at the E-4 pay grade and below, which is its main clientele.

“Like anything you volunteer for, it makes you feel good to help,” said Staff Sgt. Brad Welch, also of the 8th MP Bde., 8th TSC.

Those who want to take advantage of the Tax Center’s services should bring their Social

Security cards, military ID cards and relevant tax documents, such as their W2s, 1099s and 1098s. If applicable, they should also bring a void check for direct deposit of their refund, an IRS power of attorney (if a spouse cannot be present) and a copy of a divorce decree.

“Because our program is entirely free to clients, the Tax Center Soldiers have only one goal,” Gray said, “to serve their fellow Soldiers with reliable and professional tax assistance.”

"When work is finished."

LOL
Love of Learning

Photos by Ken Tokunaga, Family and Morale, Welfare and Recreation

"Mad Scientist" Ed Carbonell demonstrates science as magic to young attendees, Wednesday, at the Fort Shafter Library as part of the FMWR's ongoing programs to make the libraries "a place for learning."

Army library programs designed to foster learning

JACK WIERS
Pau Hana Editor

FORT SHAFTER — "Electric Ed" Carbonell worked the young crowd with ease, Wednesday, here, at the library, as eager hands and arms flew skyward when a request was made for volunteer help.

The Imagination Stations of Hawaii presentation by Carbonell are designed to use magic to lure young minds and attention spans into the world of science.

Twice a year, both, here, and at Sgt. Yano Library, Schofield Barracks, the Mad Science program is offered as Army library supervisors broaden the role of their facilities as "a place of learning."

"One goal is to excite people's curiosity," said Amy Nogami, chief, Library Activities Branch, Directorate of Family and Morale, Welfare and Recreation. "Then, they will come back and find out more."

Science as Magic

Carbonell has educated thousands of young people in Southern California and Hawaii through the Mad Science program during the past 10 years. He is a passionate educator.

While he was an Air Force officer, he even trained astronauts at NASA.

But he said his biggest joy is watching children's eyes get big when they understand an experiment. He also enjoys hearing them say "science is cool."

Using the techniques of a magician, Carbonell demonstrated a variety of science principles on this day, including absorbercy, vacuums, tornados and the relationship between air pressure and gravity.

"It's fun to get them excited about science," said Carbonell, a graduate of Damien School here in Honolulu.

Among the attendees were the Jones family from Pearl Harbor, who learned about Mad



Young participants display eagerness to take part in demonstrations of science at Fort Shafter Library, Wednesday.

Science in the newspaper. Mother, Chaz Jones, said she has been looking for educational programs to enhance her children's education since the family arrived in Hawaii last October.

"I'm home-schooling them," said Jones, mother of Sydney, age 8, and 6-year-old Alexander, "so I thought this was the perfect way to get them some science."

Wednesday, both children began the session seated in the back, but quickly moved forward to participate in the demonstrations.

Not just Books

Meanwhile, Army and FMWR officials continue to look at new programs and initiatives to continue to broaden the libraries' appeal, not to mention relevancy, in the 21st century.

Interactive programs, such as Mad Science, are designed to provide "shock and awe" excitement to the library, according to Nogami.

Preschool age storytelling programs, manga art and themed-craft programs also regularly dot the library calendar.

In a design to keep pace with technology, the library offers ebooks, video and game rentals, computer and Wi-Fi access.

"The goal is to have something for everybody," Nogami said, "and we do take suggestions."

without knowing what book they're taking home.

After they finish reading the book, they can fill out a form to rate the read. The ratings form also serves as a drawing for a Navatek Sunset Dinner Cruise for two provided by the Directorate of Family and Morale, Welfare and Recreation's Travel Leisure Services.

This means that even if the blind date turns out to be a flop, participants still have a chance to sail off into the sunset with a real-life date.

Amy Nogami, chief, Libraries Activity Branch, said she got the idea for Blind Date with a Book from another library's social media website. The concept intrigued her and she decided to give it a try.

"This is the first time we're trying this, so we'll see how it goes," she said. "We'll see how adventurous people will be."

Learn More Online

For more about Fort Shafter and Sgt. Yano library events, activities and resources, visit HiMWR.com.



Fall in love with a book

KAREN A. IWAMOTO
Staff Writer

The Sgt. Yano and Fort Shafter libraries want you to take a chance on love ... with a book.

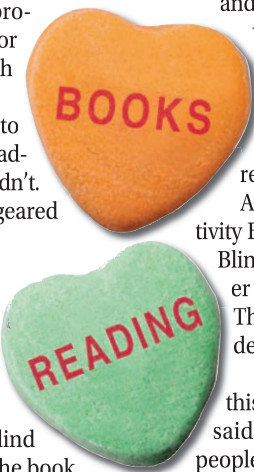
The Blind Date with a Book program launches Feb. 6 - in time for Valentine's Day - and runs through March 13.

The idea is to expose readers to different genres and to get them reading something they otherwise wouldn't. The program and the books are geared toward adult readers.

How it Works

Librarians will wrap about 100 books in paper, with only the briefest of hints, such as the book's genre, for potential readers.

Those who are open to this blind date, with a twist, will check out the book



February 2015 Library Calendar of Events

Sgt. Yano Library, Schofield Barracks

Preschool Story Times: Children 3-5 years old can listen to stories, sing and dance, and make a craft. From 10-10:45 a.m., Feb. 4 and Feb. 18.

Teen Manga Club: Youth 12-17 years old are encouraged to bring their fan art, ideas for manga and purchasing suggestions. From 3-3:45 p.m., Feb. 11 and Feb. 25.

Signing Story Time: Librarians will read stories in English and American Sign Language. The theme is Valentine's Day. From 6-6:45 p.m., Feb. 9.

After School at the Library: Children 6 and older can stop by to listen to stories and make a

Valentine's Day craft. From 3-4 p.m., Feb. 11.

Chinese New Year: Tweens, teens and adults are invited to stop by and make lanterns to celebrate the Chinese New Year. The library will supply the materials; you bring your imagination. From 3-4:30 p.m., Feb. 18.

Fort Shafter Library**Preschool Story Times:**

Children 3-5 years old can listen to stories, sing and dance, and make a craft. From 10-10:45 a.m., Feb. 3 and Feb. 17.

Make 'n Take: Drop by and weave a Valentine's Day heart. All ages are welcome, but young children will need parental assistance. From 3-4 p.m., Feb. 4.

Fairy Story Time: Visit the library for a special, fairy-themed story time. This event is for children 3 years and older. From 3-3:45 p.m., Feb. 18.



"Mad Scientist" Ed Carbonell demonstrates the concept of suction and gravity with the help of young participants, Wednesday, at the Fort Shafter Library as part of the FMWR's ongoing programs to make the libraries "a place for learning."



Young attendees are active watchers and participants, Wednesday, at the Fort Shafter Library for the Mad Science presentation.



Briefs

Today

EDGE Home-School Art Workshops — Open to CYS registered youth and teens (grades 1-12) at SB Arts & Crafts Center for fun workshops designed to tap creativity. Jan. 30 is Basket Weaving, \$23/per child; includes all supplies. Register at 655-9818.

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill every last Friday of the month. Call SB at 655-4466 or FS at 438-1974.

31 / Saturday

Youth Sports & Fitness Youth Registration — The CYS Services Youth Sports baseball and wrestling programs are open for registration through Jan. 31 for keiki born from 1998-2010. Cost is \$60/player for baseball and \$20/player for wrestling.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask the clerk about the multi-child fee reduction.

•Baseball practice is from April 1-June 19; season runs from April 25-June 20.

•SB wrestling practice begins April 7; AMR wrestling practice begins April 8.

Call your area Youth Sports office: FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

February

1 / Sunday

Big Game Party — Come watch the big game on the SB Tropics 16-foot, blow-up screen. Doors open at 11 a.m. for a day that features \$10 finger food, a cornhole challenge, water pong, free popcorn, card stack, musical chairs and limbo. Call 655-5698.

2015 Super Bowl Party/Family Brunch — Bring the family out and watch the big game at SB Kolekole. Doors open at 11 a.m. with brunch buffet available for \$16.95/adult and \$7.95/child. Games and prizes all day long. Call 655-4466.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Shanghai Circus — The New Shanghai Circus celebrates the exotic wonders of China while showcasing dramatic interpretation of classic Chinese dance and physical performance. It ends tonight at the Blaisdell Concert Hall.

Over 40 acrobats of China bring the Orient to Honolulu in a fast-paced, exciting production featuring internationally award-winning acts. General admission is \$25.

31 / Saturday

Pearl Harbor Bike Path 10K Run — Starts 6:30 a.m., at Lehua Elementary School, and continues along the Pearl Harbor bike path, around Marina Bay Restaurant, to Lehua St., to finish at Lehua Elem. School.

Makahiki Challenge 2015 — It’s a Kualoa Ranch-area endurance test. Tackle 3+ miles on this obstacle journey through tireless hills, rough terrain and mud pits. Begins at 9 a.m. for ages 16 and older. Register at www.makahikichallenge.com or call 924-0279.

Jim Brickman Concert —

Swamp Romp returns

Early entry fees discount ends today at 4 p.m.

MARINE CORPS COMMUNITY SERVICES

Marine Corps Base Hawaii, Kaneohe Bay
MARINE CORPS BASE HAWAII, Kaneohe Bay — Marine Corps Community Services (MCCS) presents the 21st Annual Swamp Romp, Saturday, Feb. 7, starting at 7 a.m. at the Boondocker Field located, here.

Open to the general public, this race provides the community an opportunity to join Marines and Sailors in a run through the muddiest, swamp-soaked areas of the military base.

Assorted obstacles add challenge to the 4.2 mile course including crawls, climbs and mud pits.

New entry options

This year’s event is open to teams of five to six people, and for the first time, it is also open to individual runners. Minimum age for participation is 10 years, and teams containing youths (ages 10-13 years) must also include one adult (aged 18 years or older) on the team. No pets or strollers are allowed.

Early entry (by Jan. 30) is \$40 for individuals and \$150 for teams. After 4 p.m. on Jan. 30, registration increases to \$50 for individuals and \$165 for teams.

All entries must be received by Feb. 4.

Packet and timing chip pick up will be on Friday,

2 / Monday

Track & Field Registration

Be a part of the new Developmental Army Hawaii Youth Track & Field Team. Registration is open, Feb. 2-27, to youth born from 1997-2007. Cost is \$40/child.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask about the multi-child reduction fee. Call the Youth Sports office at FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

3 / Tuesday

Pottery Wheel Throwing

Create a beautiful vase or decorative bowl, 5-8 p.m., Tuesdays, and 11 a.m.-3 p.m., Sundays, at the Pottery Wheel Throwing workshops at SB Arts & Crafts Center. Call 655-4202

4 / Wednesday

EDGE Home-School Adventure-Biking Series — In partnership with Outdoor Recreation, join the on-base bike ride, 9:30 a.m., Feb. 4 & 18, for grades 1-12. Everyone must wear shoes and bring water and sunscreen. Cost is \$20/child.

All ODR bikes are for participants

5’1” and above. You’re welcome to bring your own bike. Call 655-9818.

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

Baby-Sitting & CPR — Register for SKIES Unlimited free baby-sitting and CPR/first aid monthly courses for 12-18 year olds. After completion, 13 and over students will be added to the SKIES super-sitter referral list.

Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the 4-7 p.m. sessions:

- Feb. 4 & 11, baby-sitting.
- Feb. 18 & 25, CPR/first aid.

teers — American Red Cross is seeking volunteers for patient and family support. Contact Yolanda Gainwell at 433-6631.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Seating on the grass, beach chairs, mats and cameras are welcome. Call 843-8002.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with base access.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m., providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel. Call 433-2271.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Tripler Parking — TAMC has opened 121 new parking stalls on the lower level of the Oceanside parking



Courtesy of Marine Corps Community Services

Participants make it through a Swamp Romp in a previous year.

Feb. 6, between 3-6 p.m. at the Swamp Romp Health, Fitness & Wellness Expo in the Semper Fit Center gym, located here.

Packets will not be available for pick up on race day.

Register Online

For more information, contact the Semper Fit Varsity Sports coordinator at 254-7590.

Registration is open at www.mccshawaii.com/swampromp.



6 / Friday

EDGE Home-School Art Workshops — Open to CYS registered youth and teens, grades 1-12.

Teens — Join the SB Arts & Crafts Center for a fun workshop and bring your creative side.

•Feb. 6, Basket Weaving; \$23/child, includes supplies.

•Feb. 13, 20 & 27; fabric beads and painted “silk” shapes; it’s \$23/child with supplies included.

25th ID Golf Scramble — Go to Leilehua Golf Course, 10 a.m.-4 p.m., for the four-person scramble format. Participants must register and pay 15 days prior to the event. Cost is E1-E5, \$44; E6-O10, \$52; and civilian, \$59. (Registration will also be held on the day of event, unless the event is already sold out.)

Fees will be collected in front of the G-2 (3rd floor Bldg. 580) on Tuesday and Thursday, from 9:30-10 a.m. Price includes registration, green fees, cart fees, food w/beverage.

For preregistration, call Sgt. Justin

See MWR B-4

lot. TAMC leaders launched the parking project to help alleviate parking concerns.

TAMC Access — Department of the Army security guards will no longer accept TAMC hospital badges as a form of identification for access. TAMC staff will be required to show their common access card, their government military ID card or a Veterans Affairs PIV card.

This change in policy is a USAG requirement along with Homeland Security Presidential Directive 12. This measure will bring the TAMC campus in line with installation access security mandates. Call the TAMC Provost Marshal at 433-1111/5914.

Flu Vaccinations — The Schofield Health Clinic now offers flu vaccinations to authorized patrons. Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teams from 7:30-11:30 a.m., Monday-Friday; 1-3 p.m., Monday and Friday; and 1-2 p.m., Tuesdays through Thursdays.

Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and afternoons 1-3 p.m., except Wednesday, or with an appointment.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Annie (PG)

Fri., Jan. 30, 7 p.m.
Sat., Jan. 31, 6 p.m.
Sun., Feb. 1, 2 p.m.

The Hobbit: The Battle of the Five Armies (PG-13)

Sat., Jan. 31, 2 p.m.



Big Eyes (PG-13)

Thurs., Feb. 5, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Health pros present ‘Triad’ at Wheeler Elementary

JASON JUDKINS
U.S. Army Health Clinic-Schofield Barracks

WHEELER ARMY AIRFIELD — The Physical Health Working Group (PHWG) from U.S. Army Health Clinic-Schofield Barracks (US-AHC-SB) has recently been busy spreading the word about the Performance Triad.

A team of staff members from USAHC-SB had the opportunity to visit a local elementary school, here, with the mission of educating over 175 students on the three components of the Army Surgeon General’s Performance Triad: activity, nutrition and sleep.

Performance Triad

The Performance Triad is a comprehensive plan that utilizes public health initiatives to improve health through better choices in the Lifespace, which is time away for the health care provider where people can make decisions on their health. It is designed to increase the partnership between health care providers with Soldiers and their families, leading to increased resilience, readiness and health.

School Engagement

Megan Dursky (a Public Health registered nurse), 1st Lt. Elizabeth Tankovich (a dietitian) and I (an occupational therapist) utilized a fun, interactive approach during the visit to eight kindergarten through fifth grade classrooms at Wheeler Elementary.



Photo courtesy of U.S. Army Health Clinic-Schofield Barracks

1st Lt. Elizabeth Tankovich, a dietitian, left; Megan Dursky, a nurse; and the author quiz Wheeler Elementary students on the components of the Army Surgeon General’s Performance Triad.

The first lesson focused on the importance of performing one hour of physical activity per day. We discussed each student’s physical ac-

tivity level and daily activities they enjoy. In addition, the USAHC-SB staff offered advice on different ways to increase their physical activity

More Online

Visit these sites for more on the Performance Triad elements:

- Sleep, www.youtube.com/watch?v=0L1Bi4qZXAw.

- Activity, www.youtube.com/watch?v=S5Trl2bV6l8.

- Nutrition, www.youtube.com/watch?v=WfM17vHbWg4.



level and even challenged the older students to a push-up competition.

Next, the students were taught the importance of sleep and how it greatly influences their daily function. They were encouraged to attain 10 hours of sleep a night, and we discussed different options to improve their quality and quantity of sleep.

The final lesson for the elementary students was about nutrition. The students expressed their favorite foods and were able to state the importance of eating healthy. Students were encouraged to eat more fruits and vegetables and to consume at least five servings of fruits and vegetables, daily.

To test their knowledge, the students were provided a group-based quiz. The presenters held up Performance Triad signs and an apple, and the students were required to raise the correct number of fingers that correlated with the right amount of daily recommendations. Students became aware of the connection between the three Performance Triad components and how each is influenced by the other.

The event proved to be a great way to connect USAHC-SB with the local community, here. It offered an excellent venue to educate the youth and root positive, healthy choices to improve future health.

(Note: Judkins is the chief of Occupational Therapy at USAHC-SB.)

Consider how deflated egos pump up controversy

After our beloved Steelers’ humiliating defeat in the wild card round a few weeks ago, my husband and I realized that we needed to pick another NFL team to support if we wanted a valid excuse to laze around on weekends watching football and eating processed cheese products.

We decided on the Packers because they’re “old school,” but when they lost to the Seahawks in the Conference Championships, we found ourselves scrambling.

Do we admit defeat and go shovel the sidewalks? No! As long as there’s queso dip left in the house and we haven’t developed bedsores, we’re staying right here on this couch!



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

Seeing as our family is stationed on a Navy base in New England, I hastily offered my loyalties to the Patriots. And besides, Tom Brady’s pretty easy on the eyes.

My husband feared I was suffering from some form of Stockholm syndrome, and snapped, “C’mon, we don’t want the Patriots to go to the Super Bowl again! They need to give someone else a chance!”

Despite the tiny bead of drool that had

formed in the corner of my mouth as I thought about that adorable dimple in Tom Brady’s chin, I appreciated his point. The Patriots are just so damned good, and good looking, aren’t they? With all their championship titles and the longest winning streak in NFL history, they’re getting way too big for their shimmering, spandexed britches.

Suddenly, that ruggedly stubbled dimple stopped being the object of my obsession and became the symbol of life’s inherent unfairness. “Yeah!” I spouted. “Give someone else a chance!”

For the next four hours, we sat transfixed,

hoping the Patriots – the Popular Crowd, the Most Likely to Succeed, the Golden Boys, the Kids with the Pumped Up Kicks – would get creamed by the underdog Colts. But every completed Patriot pass seemed to dredge up more deep-seated adolescent insecurities from our youths.

By halftime, I felt like I was in eighth grade all over again, standing against the cafeteria wall during the school dance, wearing my brother’s hand-me-down Wranglers with cheap knock-off boat shoes and a polyester sweater, watching the



Courtesy photo

Queso dip will be part of the big game in addition to the question of which team to support.

See EGOS B-5

All can protect their health through home testing

January is National Radon Action Month, says EPA

KARLA SIMON
Army News Service

The Environmental Protection Agency has launched the “Test Your Home, Protect Your Health” campaign to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the U.S. has elevated radon levels.

Although radon is a naturally occurring gas, it is radioactive.

According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the U.S. each year.

Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

Test for Radon

There is no known safe level of exposure to radon, so what can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home’s indoor air can come from two sources: the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems. However, if you have a private well, consider testing for radon in both air and water.

JANUARY IS

NATIONAL

RADON

ACTION MONTH

Test Your Home.
Protect Your Health.

www.epa.gov/radon/nram

The devices and procedures for testing your home’s water supply are different from those used for measuring radon in the air.

Test kits are available at most hardware stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries (pronounced pee-co- curries) per liter of air or “pCi/L.” The EPA has set an “action level” for radon gas of 4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more.

Elevated radon levels can cause lung cancer.

If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

Prevention Steps

Here are some steps you can take to prevent and reduce radon levels in your home:

- 1) The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
- 2) If you are building a new home, school or business, ask about radon-resistant construction.
- 3) If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
- 4) Cover any exposed earthen walls.
- 5) Paint concrete floors with a sealant.
- 6) Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.
- 7) If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade or crawlspace.
- 8) If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

(Note: Simon is an industrial hygienist at the U.S. Army Public Health Command.)

Certificates no longer needed for those losing TRICARE coverage

TRICARE
News Release

TRICARE will no longer send beneficiaries certificates of creditable coverage when they lose TRICARE eligibility.

These certificates are no longer needed when beneficiaries transition off TRICARE.

Instead, beneficiaries will receive notice that their TRICARE coverage is ending.

The Patient Protection and Affordable Care Act (ACA), passed by Congress in 2011, changes the law so that insurers cannot deny you coverage based on pre-existing conditions. Before this law went into effect, when you switched health plans, you had to prove to your new plan that you had coverage before joining them; otherwise, they might not cover you for prior illnesses or injuries you had.

With this change in the law, you don’t need a certificate to prove you had coverage.

TRICARE beneficiaries can lose their coverage for several reasons. Some of the most common include separating from active duty, aging out or choosing to stop paying for a premium-based TRICARE plan.

When beneficiaries receive notice that their coverage is ending, it will include relevant information about other TRICARE options, like the Transitional Assistance Management Program (TAMP) and ways for beneficiaries to explore their options on the state ACA health exchanges.

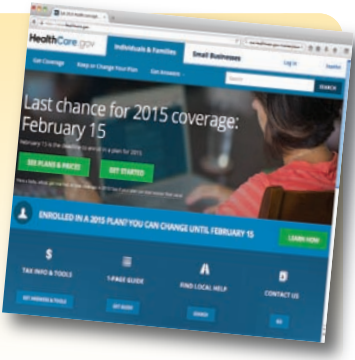


All TRICARE health plans exceed the ACA requirement that health coverage must offer a level of minimal essential coverage. The current open season runs from Nov. 15, 2014, through Feb. 15, 2015.

Beneficiaries eligible to purchase TRICARE premium-based plans (TRICARE Retired Reserve, TRICARE Reserve Select, TRICARE Young Adult, and the Continuing Health Care Plan Benefit), who choose not to purchase this coverage, may qualify for premium assistance or state Medicaid based on income, family size and state of residence.

Online

If you are looking for other health insurance, you’re encouraged to explore your options through the Market Place at www.healthcare.gov.



Briefs

CONTINUED FROM B-2

Corley, 655-4711, or Sgt. 1st Class Bradley Bergeman, 655-4294.

7 / Saturday Ladies Golf Clinic — Geared towards the beginning golfer, make an appointment at Leilehua Golf Course and a PGA professional will show you that you can play golf. The clinic is held by appointment only for 30 minutes. Call 655-4653.

Makapu’u Lighthouse Hike — Enjoy a family friendly hike with Outdoor Recreation up to the Makapu'u Lighthouse for great views and whale watching. ODR will provide the transportation and informational guide. Bring water, snacks and sunscreen. Ages 10+ welcome. Call 655-9046 (or 9045).

Ongoing

Tree Trimming — Construction crews have begun the trimming and removal of trees from Leilehua Golf Course.

The height of the trees has been identified as a safety hazard that negatively interferes with the sight line to the flight path for Wheeler Army Airfield’s aircraft runway.

Hawaii-based service members caddie for PGA stars

Story and photo by
AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity-Hawaii News Bureau

HONOLULU — Military families were invited to the Sony Open in Hawaii as part of the Birdies for the Brave military appreciation program, supported by PASHA Group, Jan. 15-19.

Thirty service members were also selected to caddie for professional golfers during the Official Pro-Am Tournament as part of the Birdies for the Brave Military Caddie Program at the Waialae Country Club, Jan. 14.

The program provided U.S. active duty service members from across the island of Oahu, and all five military branches, the chance to caddie for PGA tour players for one hole during the Official Pro-Am Tournament.

way,” Connolly said. “They will literally relieve the normal caddie of his bag and act as a real caddie for that 18th hole. This is just a wonderful opportunity for us to give something back as well and thank people for their service.”

U.S. Marine Corps Capt. Casey Ward, assigned to the 3rd Marine Regiment, used the volunteer opportunity to not only spend one-on-one time with pro golfers, but also to contribute and better the event.

“Golfing has always been something I enjoy doing on my off time, and being able to come out here and spend time with professional golfers – some of whom are in the golf hall of fame – is a phenomenal experience,” Ward said. “Any opportunity where we can come out, contribute and give back is something, we

privilege to do this because not everybody does.”

Paul Goydos, professional golfer and winner of the Sony Open in 2007, took time to meet with service members and veterans at the Birdies for the Brave military appreciation tent during the Sony Open.

“These are heroes,” Goydos said. “The real heroes at the Waialae Country Club at the Sony Open are sitting in this tent, not playing on the golf course. They are inspirational to me. These are people that have something in them that I obviously don’t. For them to go out

and do the things that they do ... I come out here to inspire myself. These are good people.”

The 2015 Sony Open marks the seventh year the Birdies for the Brave teamed with military service members during PGA tour events across the United States.



Hawaii-based military service members caddie for professional golfers at the 18th hole during the Sony Open in Hawaii Official Pro-Am Tournament at the Waialae Country Club, Jan. 14. Thirty service members participated in the Birdies for the Brave caddie program at the Sony Open Pro-Am.

Mike Connolly, PASHA Group Ocean Services Relocation Services vice president, explained how the 30 military members selected participated during the Pro-Am.

“On the 18th fairway, active duty service members are invited by the PGA and the Friends of the Sony Charities to participate in the event by caddying for a pro on the 18th fair-

way, will always take the opportunity to do.”

Ward sees the military caddie program as a unique chance for the U.S. armed forces and is humbled to volunteer.

“I think it is more of a product of opportunity that you can come out here and participate in these kinds of events,” Ward said. “I’m very honored and blessed to have the

Egos: Media flaps create confusion

CONTINUED FROM B-3

sparkly popular girls sway to Rupert Holmes’ “Piña Colada Song” with all the cute boys.

When the Patriots made their sixth touchdown during the fourth quarter, I lost all faith that there was ever any justice in the world. Defeated, my husband and I peeled our bodies out of the deep depressions that had formed under us on the sofa, and we sulked off to bed.

The next day, the nightly news reports of “Deflate-Gate” only served to further fuel our bitterness.

“I knew it; they’re cheaters!” My husband’s teeth gnashed with fury reconstituted from his husky childhood.

The litany of the day’s news reports continued: “Some say that Mitt Romney needs to give someone else a chance to run for President.”

“Days after ‘American Sniper’ receives six Oscar nominations, Navy SEAL’s heroism is questioned.”

“As Taylor Swift’s latest album sales exceed four million, rumors swirl that Justin Bieber



Photo courtesy of abcnews.go.com

Tom Brady is quarterback, New England Patriots, with a cute dimple, said the author.

will diss her in upcoming song.”

“U.S. days as a global superpower are numbered.”

Absorbing the news of that day, I found myself wondering: Is our tendency to root for underdogs a manifestation of human inferiority complex? Do foreign nations target America because they covet our obvious prosperity? Does the instant-gratification, selfie generation seek to discredit our military heroes in order to overcompensate for their own lack of sacrifice?

I pondered. ... Are we refusing to pump up the Patriots because of our own deflated egos?

Searching my soul, I realized that, deflated balls aside, the Patriots are an outstanding football team worthy to compete in their eighth Super Bowl Championship. So Sunday, while seated on a comfy couch, I’ll give credit where credit is due.

Well, at least as long as the queso lasts.

(A 20-year military spouse Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)